

The Three Bears Chant

(Hand clap using an AB pattern—lap, hands)

Once upon a time in a nursery rhyme there were three bears.
One was a Papa Bear, one was a Mama Bear, one was a Wee Bear.
They all went walking in a deep forest talking,
Along came a girl with a long-haired curl.
She knocked on the door, but no one was there.
Along came the three bears.

“Someone’s been eating my porridge,” said the Papa Bear, said the Papa Bear.
“Someone’s been eating my porridge,” said the Mama Bear, said the Mama Bear.
“Hey Mama Wee Bear,” said the Baby Wee Bear,
“Someone has broken my chair!” (Slap lap in time to the words and then Sigh...with arms spread out to side.)

“Someone’s been sitting in my chair,” said the Papa Bear, said the Papa Bear.
“Someone’s been sitting in my chair,” said the Mama Bear, said the Mama Bear.
“Hey Mama Wee Bear,” said the Baby Wee Bear,
“Someone has broken my chair!” (same hand motions as above)

“Someone’s been sleeping in my bed,” said the Papa Bear, said the Papa Bear.
“Someone’s been sleeping in my bed,” said the Mama Bear, said the Mama Bear.
“Hey Mama Wee Bear,” said the Baby Wee Bear,
“Someone has broken my chair!” (same hand motions as above)

Goldilocks woke up and broke up the party and ran out of there.

“Bye, bye, bye, bye, bye,” said the Papa Bear (right hand waves in circles)
“Bye, bye, bye, bye, bye,” said the Mama Bear (left hand waves in circles)
“Hey Mama Wee Bear,” said the Baby Wee Bear
That is the story of the three little bears. (same hand motions as above)
